

After your Health Sessions

Please read the following very carefully!

The goals of your health sessions are to enable you to be present and in the moment with joy, love and compassion while creating health and harmony in your body and your life.

Our work together is very deep and continues after your sessions. Removal of energy imprints/blocks is done layer by layer. After the first layers are removed, deeper emotional issues have space to surface and be released. You are always in control of whether to let go or hold on! Choose to let go!

Movement is necessary after your health sessions. Take a walk in nature; play with your animals or do anything that brings you joy. The body must adjust to its new energy form and flow. Movement or light exercise will facilitate the energetic adjustments in your body. Drink huge amounts of pure water. It is best to drink 8 ounces of room temperature water with 1 tbs. organic lemon juice added as soon as you begin your day. Take a bath after each session with bath solution provided and take sea salt baths at least weekly. The body needs to flush particles of toxins not removed during the session and hydrate newly energized areas. You may be tired and require extra rest. Your body may feel sore. You may develop flu like symptoms or headaches as your body de-toxes for a day or so. You may be very hungry. You may spend extra time in the bathroom. Dreams may intensify. Listen to and honor your body!

You may feel light of body and some emptiness in your torso because many energy blockages have been removed and your powerful divine light and love energies are now moving through your entire body! You may also feel lighter in Spirit and more connected to Source and Self! Take note and express your gratitude for all of the subtle positive changes in your reactions, feelings and emotions as well as energy.

You may feel some discomfort in your body. Liken this to going to the gym for the first time in months and doing a strenuous workout. Your body is now undergoing a healing workout as your Divine energy powers through your body, adjusting, rejuvenating, and restoring every cell. Energy is flowing in some areas it has not been for a long time, and you may feel tired and sore.

Know that these sensations will pass as the body adjusts to the increase in energy flow. Know that as your body adjusts, the sensations you felt during your session will become less noticeable. You have not lost them! Emotions will come up and when they do, acknowledge them, feel them, express them and release them! DO NOT ENGAGE in the story behind the emotion.

Should you feel like crying, CRY, or if it is anger, amp it up, stick your tongue out and make a loud 'blahhhhhh.' Emotions come forth after this work because your body desires to release old emotions. Allow yourself to feel the emotion, then take a deep breath and blow the emotion out of your body. Repeat if necessary. Intend to fill the space you created with your Divine love and light and be grateful for all the gifts in your life.

Because of the depth of the work and its continuation after the sessions, no other energy work is advised for at least three days following your sessions. Any other energy input may confuse your energy body and dilute the process.

Focus all thoughts and words on the positive. There is no need to discuss, engage in or think about ANY negative event or story of your past. Doing so will add a new negative imprint or blockage to your energy field.

Your mind has been trained to follow certain patterns of thinking. These are the old patterns that have created your emotional/energetic blockages. Your mind will ATTEMPT to continue with these patterns... old thought patterns will continue until you establish new patterns. Be vigilant in your practice of establishing new supportive thought processes. Focus all thought and spoken words on what you want NOT what you don't want. Are you choosing to discipline your thoughts?

Love, gratitude, and forgiveness raise your vibrational frequency and provide positive energy fuel for your body, mind and emotions.

When you first awaken and just before you go to sleep, visualize your in-breath filling your heart space with your brilliant light and love, and your out-breath releasing all that no longer serves you. As you do this, think of EVERYTHING you are grateful for and continue this for several minutes.

Think and feel what you wish for and desire and be grateful that it has occurred. The Universe will provide you with whatever you wish for. Desire, declare and be grateful for what you want and be ready to receive it!

Daily Energy Clearing:

Spin your chakras counterclockwise in the shower and rinse your hand to clear your chakras of negativity you may have drawn into your energy body. Now spin your chakras clockwise to restart and refresh your energy centers.

Should you have any questions please call 970.456.3867 or email robwergin@gmail.com

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